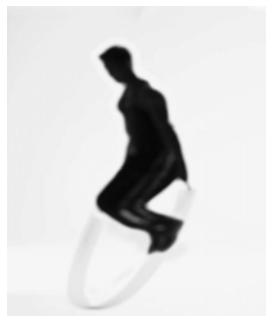


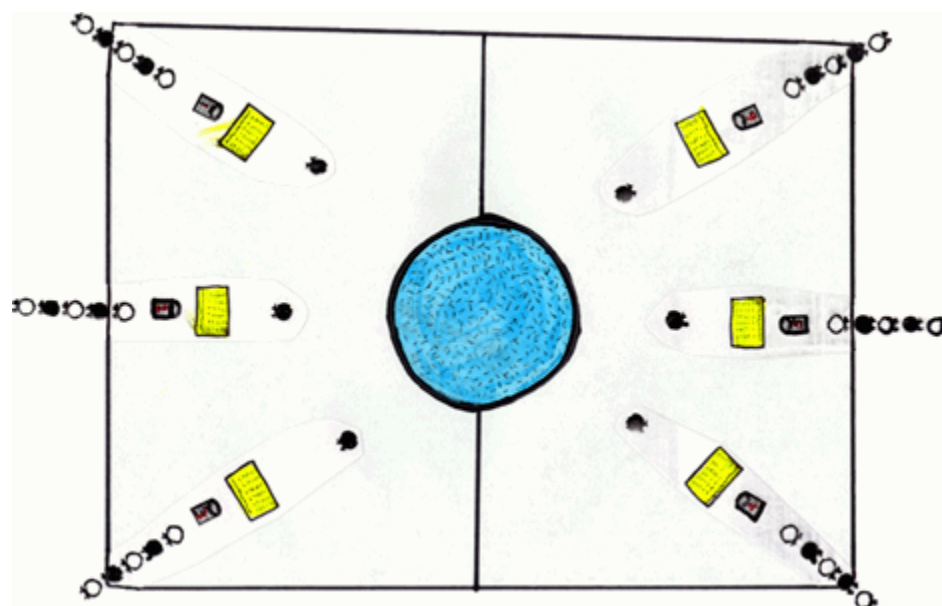
Name of Activity:	Food Group Fitness Relay
Academic Content:	Nutrition
Purpose of Activity:	To reinforce nutrition concepts while at the same time having students increase their heart rates.
Suggested Grade Level:	3-5
Materials Needed:	Six numbered cones (1-6), 360 food cards on 4 X 6 plain white index cards (60 per food group) and laminated, six game boards: each game board uses two pieces of #10 tag board, 36-4 X 6 index cards of various colors with physical fitness activities written on them, and each half of the board should be laminated and taped together on the back side.
Physical Activity:	Locomotor skills/Fitness activities



Description of Idea

Separate the class into six or more even teams. Each team lines up behind one of the numbered cones (on next page). (The game board is in front of the cone and the food cards are spread out in the center circle of the playing area). Player #1 in each group does the designated locomotor skill, hop, skip, gallop, slide, etc., to the center circle and selects a food card. He/she then brings the card back and places it under the correct food group, over one of the physical fitness cards. Player #1 then leads their group (except for player #2) in the fitness activity that was covered up with their food card. He/she then brings the food card back to the game board and places it under the correct food group. Player #2 then leads the group in the activity that he/she covered up, while player #3 heads to the center circle. The group continues getting food cards and leading activities until the game board is completely filled.





Food Group Fitness Relay Gym Set Up Diagram

Food Group Fitness Relay					
Fats, Sweets, & Oils Group	Milk, Yogurt, & Cheese Group	Meat, Poultry, Fish, Dry Beans, Eggs, & Nut Group	Vegetable Group	Fruit Group	Bread, Cereal, Rice, & Pasta Group
Use Sparingly	2-3 Servings	2-3 Servings	3-5 Servings	2-4 Servings	6-11 Servings
Free Choice	Jog in Place	X-Motion Jumps	Bell Jumps	Crab Dips	Arm Circles
Butterfly Stretch	Free Choice	Bent Knee Sit Ups	Crunches	Blast Offs	Forearm Push Ups
Hand Clap Push Ups	Jump Rope	Jumping Jacks	March Steps	Curl and Hold	Mountain Climb
Skier Jumps	Windmills	Free Choice	Free Choice	Skipping in Place	Flutter Kick
V-sits	Hand Push	Sit and Reach Stretch	Straddle Stretch	Free Choice	Step Kicks
Half Jacks	Straddle Jumps	Coffee Grinder	Crab Walk	X-leg Hangover	Free Choice